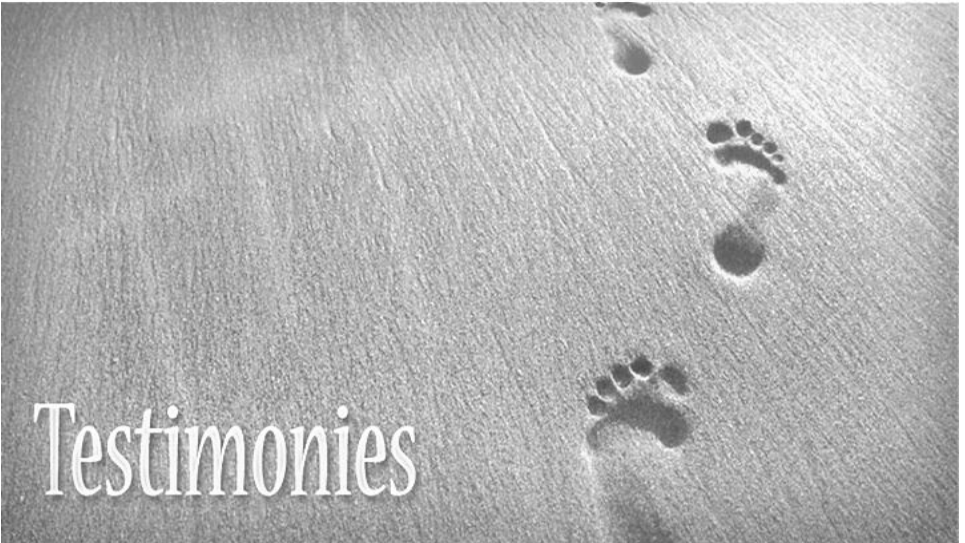




WELCOME

TRINITY BAPTIST CHURCH – APRIL 5, 2026



Testimony of Amy 姊妹見證

Hello, everyone! Thank you for giving me the opportunity to share my testimony. In the past, I was often caught up in the busyness of life, unaware of where to find true support. That was until one day when I decided to look for a nearby church for my daughter, which led me to Trinity Church. When I attended Sunday worship for the first time, I was deeply moved by the joyful hymns. It was this warm, lively atmosphere that inspired me to start attending church every week on my own initiative. At first, I came simply to learn more, but through each worship service and sermon, my heart was gradually touched.

I have always valued interpersonal relationships and am eager to care for and support others to the best of my ability. However, when engaging with others, I often give of myself based on my own assumptions. Although my intentions are good, this sometimes leads to misunderstandings. Because I love reading, I've often tried to learn from books how to communicate more effectively with others, but I've always felt that something essential was missing from my life — deep down, I haven't found true fulfillment or peace.

That summer, the kind-hearted Pastor Doris introduced me to the Friday night Alpha course. In a relaxed and open atmosphere, I gradually learned about who God is, accepted Jesus as my personal Saviour, and started to reconsider the meaning of life. Through the various classes and Bible study in my small group, I realised that God's love is not earned through my own efforts but is a gift of His grace. As the Bible says, "Cast all your anxiety on him because he cares for you" (1 Peter 5:7). This verse taught me to rely on God during times of stress and confusion rather than bearing the burden alone.

During my time at Trinity, I have participated in various church activities and studies over the past few years, leading to a genuine transformation in my life. I actively volunteered at the children's summer camp for two years and participated in various holiday events, Chinese New Year group singing, and the choir for the ESL English program, among other things. Through these experiences, I gradually came to understand a kind of unconditional love that comes from God—exactly what I had been searching for but had never found. The Bible says, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud." (1Corinthians 3:4). This passage has helped me rediscover what true love is and has led me to reflect.

In the church, I have also seen many wonderful examples. Sister May and Brother David show their faith through their actions, and their humility and selflessness have deeply inspired me; the care and support

from sisters like Catherine, Phoebe, Elizabeth, and others have made me feel the warmth of a spiritual family.

大家好！感谢能在这里分享我的生命见证。在过去的人生中，我常常忙于生活的节奏，却不知道真正的依靠在哪里。直到有一天，我想为女儿在附近找一间教会，因而来到三一教会。当我第一次参加主日崇拜时，就被那充满喜乐的诗歌深深吸引。正是这种温暖又充满生命力的氛围，让我开始每周自觉地来到教会。起初只是抱着了解的心态，但在一次次的敬拜与信息中，我的心渐渐被触动。

我一直很看重人与人之间的关系、也愿意在能力范围内去关心和帮助他人。但在人与人的相处中，常常按照自己的想法去付出。本是出于好意，却有时带来误解。阅读是我的爱好，很多时候我也想透过书籍学习如何更好地与人沟通，但始终觉得生命中缺少了一些关键的东西，内心深处没有真正的满足与平安。

就在当年夏天，充满爱心的 Doris 牧师把我带入到周五晚上的启发课程。在轻松、开放的氛围中，我慢慢认识神是谁，到接受耶稣作我个人的救主，也开始重新思考生命的意义。透过各个课程的学习和跟着小组阅读圣经，我明白了神的爱不是靠努力换来的，而是神赐下的恩典。正如圣经所说：“你们要将一切的忧虑卸给神，因为他顾念你们。”（彼得前书 5:7）这句话让我在压力和困惑中学会依靠神，不再独自承担。

在三一教会的时间我积极参加了两年幼儿夏令营的义工，也参与各个节日活动的服事、中国年集体唱诗，ESL 英语班的诗歌班等等…在这些过程中，我渐渐体会到一种从神而来的无条件的爱，这正是我一直在寻找却未曾得到的。圣经中说：“爱是恒久忍耐，又有恩慈；爱是不嫉妒，不自夸，不张狂。”（哥林多前书 13:4）这段经文让我重新认识什么是真正的爱，也开始反思自己过去以自我为中心的付出方式。

在教会中，我也看到了许多美好的榜样。May 姐和 David 大哥用生命活出信仰，他们的谦卑与付出深深影响了我；Catherine、Phoebe、Elizabeth 等等姐妹之间彼此关怀、扶持，让我感受到属灵家庭的温暖。

特别感恩的是，在这四年里我参与教会主办的 ESL 英语班，在 Alison 班上担任老师与同学之间的联络工作。在这个过程中，我不仅提升了自己，也更深体会到服事的意义。看到 Alison 和 George 两位老师无私地付出，用英语教学作为桥梁，将福音带给更多人，我深受感动。更让我喜乐的

是，在这几年时间里，在这口语班上分别已有六位同学在教会受洗归主。看见他们生命的改变，我更加确信神的爱是真实且有能力的。

圣经也说：“我们爱，因为神先爱我们。”（约翰一书 4:19）如今，我的生命不再只是按自己的方式去爱人，而是学习用从神而来的爱去理解、接纳和付出。我也愿意把这份爱继续传递给更多有需要的人。

感谢神一路的带领，使我从迷茫走向坚定，如今我的生活有了依靠，也充满了平安与盼望。未来，我愿意继续跟随主的脚步，在爱中成长，在服事中经历祂更深的恩典。

Testimony of Anna 姊妹見證

Hi everyone, I'm Anna. I work in healthcare. While this job may seem ordinary, it's actually very stressful. Every day, I interact with different people and face all kinds of unexpected situations that require a lot of attention to detail and patience. The pace of work is also very fast. Dealing with so many problems and uncertainties makes me feel anxious and uneasy. I often doubt myself and feel that the help I give to others isn't enough. When I worry, I blame myself and struggle to find solutions. That's when I met my good friend Nancy. She introduced me to the Lord's family, where I met many caring brothers and sisters. I was deeply moved by their selfless devotion and warmth. Pastor Doris led us through courses on "New Life," "New Living," "Value Restructure," "Experiencing God," and "Healthy Root." Through these lessons, I realised that relying only on myself wasn't enough. I started learning how to pray, study the Bible, and share my worries with God. Through prayer, supplication, and gratitude, God granted me a peace beyond all understanding. "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." This verse moved me deeply; I knew with certainty that God was with me, and I felt great happiness. God has always cared for us. Today, I want to share that I entrust my life to God and follow Him into a new life. I trust in the Lord Jesus and submit to God. I am deeply grateful that God supports me in my weakness and guides me through my confusion. I love this community, and I praise the glory of the Lord Jesus. Amen.

Hi 大家好，我是 anna 工作在医疗行业，这工作看起来平常，但其实压力很大，每天面对不同的人，各种突发情况，需要非常细心耐心，工作的节奏也很快，面对很多问题产生疑问，使我焦虑和不安，常常觉得自己不够好，给予别人的帮助不到位，担心的时候我会自责，也找不到解决问题的方向，就在这我遇到了好朋友 Nancy，她把带到了主的大家庭，让我认识很多热心的兄弟姐妹，我被她们无私奉献和温暖感动了，Doris 牧师引到我们学习从，新生命，新生活，价值重组，不再一样，茁壮成长，通过这些课程学习使我觉得靠自己是不够的，我开始学会祷告，学习圣经，把心里的不安告诉神，借助祷告，祈求和感恩，神将所赐出意外平安，必在基督耶稣里保守你们的心怀意念，这段经文感动我了，深深知道神与我同在，有莫大的幸福感，神一直在关爱我们，今天我愿见证，把生命交托与神，跟随祂走上新生活，信靠主顺服神，感谢万分神在我软弱的时候扶持我，在我迷茫的时候引导我，我爱这大家，更要赞美主耶稣的荣耀，阿门。

Testimony of Jacqueline 姊妹見證

Although I was not born into a Christian family, I had the opportunity to know about Jesus when I was young. My sister and I attended church for a time, but I stopped going when I started secondary school. Life went on as normal. I worked hard and focused on my responsibilities. When I became pregnant, a colleague whom I didn't know well invited me to church, but I casually said I would go after my baby was born. After my daughter was born, I attended a few times but soon stopped again because of a busy life and many excuses. Looking back, I can see that God was already reaching out to me, even then.

As the social movements in Hong Kong unfolded and Covid happened, my anxiety grew. I couldn't sleep well and sometimes suffered from insomnia. Eventually, I had to rely on medication. I tried to handle everything on my own, but over time, my emotions became unstable. I felt overwhelmed, doubtful, and lost. It seemed there was no way out—only the need to keep going. I had no peace and no direction in life. I began to realize that the problem was not just my circumstances, but

something deeper in my heart that I could not fix on my own. Later, I took a barista training course, where I met several Christians. Although we didn't talk much about faith, their kindness left an impression on me.

This In hindsight, I see that God was gently drawing me back through these people. Although I had met Christians before, I was not drawn to Christianity because some did not reflect Christ well. This became a stumbling block for me.

But through this, God helped me see an important truth: people may fail, but God never does. He was still patiently guiding me in His time.

In July 2024, I moved to Vancouver to live with my sister, who is a devoted Christian. She encouraged me to join an ESL class at Trinity Baptist Church. Before the term started, my sister and I decided to visit the church on a Sunday to find out more. On my first visit in September 2024, I felt as though God's light was shining on me.

It might have been the warmth of the sunlight, but during each prayer, I distinctly felt His presence. From that moment, I knew something had changed.

Now, I can see that it was God leading me step by step. I was not searching for God, but God was using the church to bring me to Himself. Originally, I joined the ESL class simply to pass time. But through the invitation of a friend from the class, I joined the Alpha course on Friday evenings. There, I learned more about God, life, and faith. After Alpha, I continued taking courses where the gospel was explained more clearly through the Bible. I just finished my fourth course last month.

Looking back, I now see that God had been working in my life all along. But only after going through struggles was my heart ready to turn to Him. In His perfect timing, He brought me to understand and receive His grace. The peace I once lacked, I now have. I no longer need sleep medication, and I know this peace comes not from my circumstances, but from the inner peace of knowing Jesus and trusting in Him.

Today, I believe that Jesus Christ is my Lord and Savior. I trust that He died for my sins and rose again to give me new life. I now desire to follow Him and walk in His ways.

I was not searching for God, but He never stopped seeking me—and in His time, He brought me home.

雖然我不是出生在基督徒家庭，但從小就有機會認識耶穌。我曾經和妹妹一起去教會一段時間，但到了中學我就沒有再去了。之後生活看似一切正常，我努力工作，專注承擔自己的責任。

當我懷孕的時候，有一位不太熟悉的同事邀請我去教會，但我隨口說等孩子出生後再去。女兒出生後，我去過幾次，但因為生活忙碌，加上各種藉口，很快就沒有再去了。現在回想起來，我看到神其實早已在向我伸手，並沒有放棄我。

隨著香港社會運動與疫情的發生，我的焦慮越來越嚴重。我常常睡不好，甚至失眠。最後需要依靠藥物才能入睡。我習慣凡事自己承擔，但久而久之，情緒變得越來越不穩定。我感到疲憊、懷疑，也迷失了方向。好像沒有出路，只能勉強繼續走下去。生命沒有平安，也沒有方向。即使我辭去了工作，焦慮也沒有改善。我開始明白，問題不只是外在環境，而是我內心深處有我無法解決的問題。

後來，我參加了一個咖啡師培訓課程，在當中認識了一些基督徒。雖然我們沒有談論信仰，但他們的善良給我留下了深刻的印象。回頭看，我知道這是神透過這些人溫柔地吸引我回到祂那裡。雖然我曾接觸過一些基督徒，但當中有些人沒有活出基督的樣式，使我對信仰沒有被吸引。這成為我的絆腳石。但神卻藉此讓我明白一個重要的真理：人會失敗，但神永遠不會。祂仍然耐心地，在祂的時間裡引導我。

2024年7月，我來到溫哥華與妹妹同住，她是一位虔誠的基督徒。她鼓勵我參加三一浸信會的ESL英文班。在課程開始前，我們先去參加了一次主日崇拜，想更多了解教會。

在2024年9月第一次參加崇拜時，我感覺好像有神的光照在我身上。也許是陽光的溫暖，但在每一次禱告中，我都真實地感受到神的同在。從那一刻起，我知道有些事情不一樣了。現在，我知道這一切都是神一步一步帶領我。我並不是在尋找神，而是神藉著教會把我帶到祂面前。

起初我參加ESL只是為了打發時間。但通過一位同學的邀請，我參加了週五晚上的Alpha課程。在那裡，我更多認識神、人生和信仰。之後我也繼續參加不同的課程，透過聖經更清楚地明白福音。我剛剛在上個月完成了第四個課程。回頭看，我知道神一直都在我的生命中動工。只是經歷了這些掙扎之後，我的心才預備好轉向祂。在祂完美的時間裡，祂讓我明白並領受祂的恩典。

過去我所沒有的平安，現在我得著了。我已經不再需要依賴藥物睡眠，並且知道這份平安不是來自環境，而是來自認識耶穌後心中的平安。

今天，我相信耶穌基督是我的主和救主。我相信祂為我的罪而死，並且復活，賜給我新的生命。我願意跟隨祂，行在祂的道路上。

我不是在尋找神，但祂從未停止尋找我—並且在祂的時間裡，把我帶回家。

Testimony of Evelyn 姊妹見證

Hello, everyone. I'm Evelyn. I feel honoured to be baptised into this loving family. In November 2019, driven by a desire to explore and understand what Christianity was all about—and whether this faith was right for me—I, through an introduction from a classmate I was studying English with, stepped into this church. At that time, living in a new country, I needed to learn and adapt to my surroundings. I felt anxious and under great pressure, and deep down, I longed for strong spiritual support to sustain me.

During my time at church, I followed Pastor Doris and the sisters in my small group as we took a series of courses on knowing the Lord and studied the Bible. Over time, this process began to transform my life. My life before that was simple but empty. It revolved solely around my small family, and whenever I faced conflicts or difficulties, I would simply run away. My personality left me without plans or goals, and I never even thought about the meaning of life.

During my seven years walking with the Lord, I've managed parent-child relationships with teenagers, completed various personal exams and certifications, faced illness and pain, and encountered challenges at work. I've become increasingly accustomed to praying to the Lord and seeking answers in the Bible. In John 8:12, Jesus said to the crowd, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." Worldly life constantly exposes me to temptations, often plunging me into darkness where I feel small and weak, afraid and helpless. It is God's light that guides me through that darkness. At the same time, intercessory prayer, support, care, and warm embraces from Pastor Doris and the ladies in the small group have brought me the light that brightens my life. Bathed in that light, I have come to truly understand the meaning of life: to pass on the light of the Lord Jesus to those in darkness, to help more people come to know the Lord, and to show them that they can follow His light and step into the light.

I thank my dear Heavenly Father for the patience and love He has given me, allowing me to experience His gradual and steady work. God the Father has always gently yet firmly guided me back to Him. As Romans 15:13 says: “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Because of faith, there is hope. What a wonderful gift our faithful and good God has given us! I trust in God completely, am willing to obey Him, follow Him, and exalt the Lord. I give thanks and praise to the Lord!

大家好我是 Evelyn。很榮幸能在此這個有愛的大家庭接受浸禮。我在 2019 年 11 月懷著渴慕探究的心想知道什麼是基督教、這個信仰適合不適合自己。在共同學習英語的同學介紹下走進了教會。當時的我在新的國家需要了解學習適應全新的一切，感到忐忑不安壓力重重，內心很渴望有一個強大的精神支柱來幫助我。在教會期間，我跟隨 Doris 牧師和小組姊妹學習了一系列認識主的課程以及研讀聖經。隨著時間地推移，也推動了我的生命在發生改變。我之前的人生簡單而蒼白，生活中只是環繞著自己的小家庭打轉，面對任何矛盾衝突，只會一味地逃避，個性使然讓我沒有計劃和目標。更不會去思考生命的意義。但在主裡 7 年的時間我經歷了與青春期孩子的親子關係、個人考牌考證的大小考試、生病病痛、工作挑戰等等。我越來越習慣向主禱告，從聖經裡尋求答案。約翰福音 8 章 12 節耶穌又對眾人說：“我是世界的光，跟從我的就不在黑暗裡走，必要得著生命的光。”當屬世的生活總會讓我面臨各種試探，一渡讓我陷入黑暗，感到自己的渺小軟弱，害怕無助。是靠著神的光帶領我穿破黑暗。同時是 Doris 牧師和小組姊妹們的代禱幫助關心和溫暖的擁抱帶給我照亮生命的那束光。沐浴在光下的我也深刻明白了生命的意義，是要將主耶穌的光傳遞給在黑暗中苦苦掙扎的人們，幫助到更多的人認識主，知道可以追尋祂的光走出來。

感謝親愛的阿爸爸給我的耐心和愛，讓我感受到神循序漸進的作為。父神始終溫柔和堅定的引領我歸向祂。如羅馬書 15 章 13 節所說：“但願使人有盼望的神，因信，將諸般的喜樂平安充滿你們的心，使你們藉著聖靈的能力大有盼望。”因相信，就有盼望。這是我們信實良善的神賜予我們多麼美好的禮物。我完全的信靠神，願意順服神，跟隨神，尊主為大，感謝讚美主！

Testimony of Zoeyn 弟兄見證

I was raised in a Christian background in Hong Kong. My father is a minister and a professor in Theology. The church is a setting I have been familiar with. I am familiar with its procedures, its rituals and its usual teachings. The theological seminary is another setting I have been familiar with. I am accustomed to academic discussions of the bible and theological questions. From time to time, I would pose my own questions in my discussions with my father, who encouraged my search for understanding and clarity.

Despite such familiarity with the church and Christian academia, closeness with God was something that I always struggled with. Despite early exposure to the gospel, God always seemed intangibly distant from me. At times, I was even cautious and skeptical of God's existence and goodness. This was because despite all the knowledge available to me, I did not really know God through personally experiencing him.

This was not because God was not present in my life. In fact, I have been blessed with many things in my life up till that point. Rather, my inability to experience God was because of how guarded I had been with my heart and mind. I reasoned if I had to be careful of the many kinds of influence in this world, I had to be even more careful of an all-powerful being that I did not and could not know. For many years I continued to resist God because I could not get definite answers about him. By the time of my college graduation in 2018, I had resigned myself to never knowing God personally. I had decided that an intimate knowledge of God was beyond the reach of human faculties.

In the years following, I had taken up a graduate degree at my university, and I was financially and mentally strained for several years. The pandemic became the straw that broke the camel's back, and I fell into long periods of isolation and self-abandonment. My plans were not working, my mind was failing me and I could not muster the strength I needed to move on. Every day I lived under the shadows of my failures, and it felt like the darkness was threatening to consume my life. But God kept the dim light of hope alive through his many graces: unexpected injection of much needed funds, encouraging words, the company of family and loyal friends sustained me. In suffocating

darkness, I finally noticed the light of Christ calling out to me. I was made painfully aware of my insufficiencies by life's challenges, but God sustained me. Whereas I could not forgive myself, Christ forgave me first and showed me his goodness. Once I started recognizing God's providence in my life, I relented my defensive gesture and finally began to experience him personally.

Today, I am still asking questions, many of which I still have no satisfactory answers to. However, I have a changed heart. I have chosen to be in a relationship with God. I desire to follow him and know him. There will always be times I want to wrestle with God but I rest assured in the knowledge that he knows my heart, and will not deprive me of an appropriate answer. For Matthew 7 verse 7 says, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you".

我自小在一個香港的基督教家庭長大。我爸爸是牧者，也是一位神學教授。我熟悉教會，包括教會的程序、儀式和教義。我也熟悉神學院。我習慣了學院裏面有關聖經和神學的學術討論。我爸爸一向鼓勵我對信仰進行探究，所以我有時會在和他的討論中提出我的疑問。

雖然我熟悉教會和基督教學界，我一直未能親近神。儘管我很早便接觸福音，神對我來說一直是遙遠而不能觸及的。有時候我甚至會懷疑神的存在和良善。這都歸咎於我沒有透過親身經歷來認識神。

這並不是因為神不在我生命當中。實話說，我生命中由神而得的祝福多著呢！我之所以不能經歷神，是因為我心理上有牢牢的戒備。我以為既然人要當世上各種各樣的影響，那麼我更加要提防神這個全能而未知且不可知的個體。年復年，我因為未能完全和確切地認識神而抗拒神。在2018年我大學本科畢業之際，我已經放棄了親身認識神的可能性。我當時覺得以人的認知，我們永遠無法對神有深入且親密的理解。

隨後幾年，我進了研究院進修。我經歷了財政的困境和心靈上的疲乏。疫情成了“壓死駱駝的最後一根草”。我因此陷入了長期的自暴自棄和自我孤立。我策劃的很多事情都失敗了。我的心態每天都在崩潰的邊緣，然而我沒辦法振作起來。我每天都生活在失敗的陰影下。那感覺就像黑暗快要吞噬我的人生。

但是神透過祂的恩典替我存留了一絲希望的微光：我沒有預料到的資金援助、言語上的鼓勵，還有對我不離不棄的親人和朋友，這些恩典在低谷中撐持了我。在令人窒息的黑暗中，我終於察覺到神對我的呼喚。生

命令我意識到我自身的不足，但是神維持了我。當我沒法原諒自己的時候，神首先原諒了我，並且向我展現了祂的美善。就由我承認神對我的眷顧開始，我放下了我的戒心，並終於親身經歷到神。

雖然我對神仍然有很多未解答的疑問，可是我的心已經產生了根本性的改變。我決意要跟隨神，繼續去認識神。儘管我未來一定還會再和神“摔跤”，我知道祂認識我的心，而且一定會合適地回應我的疑問。因為馬太福音 7 章 7 節說：“你們祈求，就給你們；尋找，就尋見；叩門，就給你們開門。”

What is your testimony?

How Jesus has changed
your life?